

2012 BOW WINTER DISCOVERY CLASS DESCRIPTIONS

Saturday Session Activities – Choose Two Classes!



Ice Fishing – Fun for the entire family, this class is geared to beginning ice anglers, offering numerous tips for ice fishing! Learn about ice safety, basic equipment, techniques and bait choices! Waterproof boots are recommended. This class is limited to 15 women per session. A Michigan restricted fishing license (\$15) or 24 hour fishing license (\$7) is required for this class! For license info visit www.michigan.gov/dnr **Note: If so desired, you may ice fish *all day* and count as (2) sessions.**



Snowshoeing – Discover the joys of snowshoeing at any age! Snowshoeing, when done properly, is one of the safest winter activities and a great way to enjoy the beautiful winter landscape. One hour of moderate walking in snowshoes can burn off 700 calories! We will discuss selection, types and care of snowshoes. Snowshoes will be provided or bring your own. This class will start indoors and then we will hit the trails for some real snowshoe practice! This class is limited to 15 women per session.



Basic Map & Compass Skills- Learn the language of map reading and develop an understanding of the function and mechanics of compass use. Combining these two skills, participants will develop the confidence needed to follow established trails and footpaths and strike out independently on cross-country trips. A must have skill for hikers and hunters alike!



Day Hiking - Turn off the computer and TV and start hiking! Perfect for those who want to get outdoors and get some exercise too! You will learn what is needed to enjoy a day hike. Topics include equipment basics, proper clothing, where to go, how to plan, trail etiquette and safety. Then head outside for a beautiful winter season hike!



Wilderness First Aid - What do you do when you are away from home with friends or family and someone gets hurt? Are you prepared? What skills can you offer? Do you have the things you need in your backpack for an emergency situation? Take this introductory class and learn what to do in emergency situations when help is delayed in a wilderness situation.



Self Defense for Women- Known as the “SHARPS” program, this class is designed to give you the knowledge and skills that will boost your self confidence whether at home, traveling or recreating outdoors by yourself. Please arrive at the class dressed in comfortable clothing and gym shoes. Be prepared for a very physical class where you will learn and practice how to throw, strike and kick to protect yourself! *This class is entirely indoors.*



Basic Pistol Shooting! - We will begin in a classroom setting with basic firearm and range safety instruction. Various types of handguns and ammunition basics will be discussed along with tips on purchasing a handgun and what is legally required to own and transport a handgun. We will then head outside for live fire shooting with one on one instruction by certified handgun instructors. Please do not bring your own firearms to this class! *Please note: this is NOT the class required by law to obtain a Concealed Pistol License, however information will be available for those who are considering obtaining a CPL.* This class is limited to 10 women per session.



Gourmet Outdoor Cooking! - Dutch oven cooking at its finest in the great outdoors! Come and learn how to make a great meal in cast iron over an open campfire flame. From the main course to dessert, we will make it all. Plus we get to eat our own creations! Learn cast iron care and storage, proper fire building for cooking and baking in your own Dutch oven and so much more!



Beginning Turkey Hunting – Discover how fun and exciting hunting for the wild turkey can be! This class will cover spring season licensing and season regulations, tips on finding a place to hunt and scouting for turkey sign along with what basic equipment you need to get started. We'll also discuss "setting up" strategies and when it's time to move. Shotgun patterning and hunting ethics will also be discussed. Learn the "springtime" love language of wild turkeys and what calls to use to lure in that big tom next spring! Various turkey calls will be provided for participants to practice turkey calling in the classroom.



Beginning Duck Hunting - Waterfowl hunting is definitely not just for the guys! This class will touch on basic waterfowl identification, decoy setting, hunting strategy and dog training and retrieving. We will discuss different types of ducks and break them down into their basic groups by sight and sound. You'll learn how to use the wind and the location to properly choose the right hunting spot and how to properly set up decoys on the water or in the field. The basics of field training your dog will be included.

Sunday Session Activities– Choose One Class!

Refuse To Be a Victim - This is a very popular program/seminar for crime prevention and personal safety designed to minimize the risk of victimization. Presentation will include personal security, home security, personal protection devices, automobile security, workplace safety, technological security, travel security and how to create a personalized safety plan *before it is needed!* This seminar will help you take a pro-active role in personal safety and is highly recommended for any woman who lives, travels and recreates on her own!

Please Note: There is an additional cost of \$20 for this seminar to cover take home materials. Please pay the \$20 directly to the instructor prior to the start of the program. DO NOT INCLUDE THE SEMINAR FEE IN YOUR REGISTRATION!

Ice Fishing: Our awesome and dedicated ice fishing team is willing to take anyone out ice fishing who didn't get a chance to on Saturday! Don't forget - you must have a valid fishing license to participate!

Pistol Shooting: Because the handgun class is so popular and we need to keep the groups small for safety reasons, we will offer an additional handgun shooting class for those who did not participate on Saturday. Class is limited to the ten women.



Cross-Country Skiing – on your own! Groomed trails, equipment rental and lessons are available at Cross Country Ski Headquarters in Roscommon (about a 15 minute drive from the RAM Center). Maps will be provided.

Group lessons are not planned for cross country skiing as part of the BOW program this year. However, you still have the option of cross country skiing on your own if that is something you really want to do. If you would like to take *ski lessons*, you may arrange directly with Cross Country Ski Headquarters ahead of time. The trail fee and cost for lessons or equipment rental is not included in the BOW program registration fee and must be paid directly to CCSH. **Hours on Sunday are from 10:00 a.m. to 5:00 p.m.** For more information and rates visit: www.cross-country-ski.com or call 989 821-6661.

If you already have equipment, you may also enjoy the cross-country ski trails at Hartwick Pines State Park! If you prefer to stay close to the RAM Center, there are ski trails nearby, however we cannot guarantee that their trails will be groomed.

There are a limited number of snowshoes available at the RAM Center if you prefer snowshoeing over cross-country skiing. You must remain on their premises in order to use the snowshoes and there is no fee.

Our volunteer instructors spend several hours preparing materials for each class. Most classes are limited to a specific number of participants to ensure that every individual receives plenty of one on one attention and each subject can be adequately covered within the assigned time period.



We understand that you may change your mind about which class you wish to take and we want to accommodate each of you as best we can! Because of the tremendous amount of organization it takes to assign everyone into their top two class choices, it is extremely helpful if you would not ask to switch classes once you have received your confirmation! Instead, please speak to the instructor of the class you wish to take and get their approval at least *one hour* prior to the class starting. If there is room enough and materials available you *may* be able to switch classes.

To avoid any disappointment, please carefully select your class choices now! Thank you for your courtesy and understanding!

PLEASE NOTE: THE BOW PROGRAM COULD NOT BE SUCCESSFUL WITHOUT OUR WONDERFUL VOLUNTEER INSTRUCTORS! THEIR TIME IS VALUABLE AND WE APPRECIATE ALL OF THEIR EFFORTS TO SHARE THEIR KNOWLEDGE AND SKILLS WITH THE BOW PROGRAM! ON A RARE OCCASION, A SITUATION MAY ARISE WHERE WE HAVE TO SUBSTITUTE OR COMPLETELY ELIMINATE A CLASS. SHOULD THIS HAPPEN, YOU WILL BE NOTIFIED BY PHONE AND OFFERED ANOTHER AVAILABLE CLASS CHOICE!

IMPORTANT! ONCE YOUR REGISTRATION FORM, CLASS CHOICE FORM AND PAYMENT ARE RECEIVED, YOU WILL BE SENT A CONFIRMATION OF YOUR CLASS CHOICES VIA EMAIL. PLEASE ALLOW TWO WEEKS!

BOW SCHOLARSHIP FUND – SILENT AUCTION!

WE WILL ONCE AGAIN HOLD A SILENT AUCTION IN ORDER TO RAISE MONEY FOR OUR BECOMING AN OUTDOORS-WOMAN SCHOLARSHIP FUND! LAST YEAR, SHARON PITZ, OUR BOW COORDINATOR IN THE UPPER PENINSULA, AND HER COMMITTEE MEMBERS DEVELOPED THE BOW SCHOLARSHIP FUND IN ORDER TO OFFER FINANCIAL ASSISTANCE TO LESS FORTUNATE WOMEN WHO WOULD LIKE TO ATTEND THE DISCOVERY WEEKEND PROGRAM. SCHOLARSHIP AWARDEES ARE SELECTED BY A SPECIAL BOW SCHOLARSHIP COMMITTEE AND ARE TREATED WITH STRICT CONFIDENTIALITY. THE NUMBER OF SCHOLARSHIPS AVAILABLE IS DETERMINED BY HOW MUCH MONEY IS RAISED EACH YEAR. *PARTICIPATION IS OPTIONAL*. MORE DETAILS REGARDING THE SILENT AUCTION WILL BE SENT ALONG WITH YOUR CONFIRMATION. CREDIT CARDS CANNOT BE ACCEPTED AND PERSONAL CHECKS ARE STRONGLY ENCOURAGED FOR PAYMENT OF SILENT AUCTION ITEMS ON SATURDAY EVENING.

SCHOLARSHIP APPLICATION FORMS ARE AVAILABLE BY REQUEST. IF YOU, OR SOMEONE YOU KNOW, WOULD LIKE TO APPLY, PLEASE FEEL FREE TO CONTACT SUE TABOR AT (517) 241-2225 OR EMAIL SUE: dnr-outdoors-woman@michigan.gov

THE SCHOLARSHIP APPLICATION DEADLINE IS DECEMBER 30, 2012





**WINTER DISCOVERY WEEKEND
RAM CENTER – JANUARY 27-29, 2012**

CLASS CHOICE FORM

Important! You must print and fill out this form! Please forward it with your registration form!

Confirmation will be sent via email message only when payment and both registration and class choice forms have been received.

If an email address is unavailable, you will receive a confirmation by telephone. We will not send confirmations out via postal mail. Room assignments and other information will be given to you when you check in at the RAM Center Friday evening.

Listed below are the classes offered for the Winter BOW Discovery Weekend. Please select your **FOUR** top choices of the classes you would like to attend on Saturday, ranking them from (1) - being your first choice - to (4) being your last choice. Some classes have limited space – early registration is recommended! If your top (2) choice classes are full, you will automatically be placed into your third and fourth choice classes. Please select only one class on Sunday.

***** PLEASE PRINT CLEARLY*****

PARTICIPANT NAME: _____

DAYTIME PHONE: _____

EMAIL ADDRESS: _____

ROOMMATE PREFERENCE: (only one name please!)

LODGING PREFERENCE: ☐ Night Owl ☐ Quiet Please

Saturday Sessions: Please number 1 through 4 choices

_____ A. Ice Fishing

_____ F. Self Defense

_____ B. Beginning Snowshoeing

_____ G. Basic Pistol Shooting

_____ C. Basic Map & Compass Skills

_____ H. Outdoor Cooking

_____ D. Day Hiking

_____ I. Spring Turkey Hunting

_____ E. Wilderness First Aid

_____ J. Duck Hunting

Sunday Session: Please choose only one

_____ NRA Refuse To Be A Victim Seminar
(Additional \$20 to cover materials to be paid
directly to instructor prior to seminar)

_____ Ice Fishing _____ Pistol Shooting

PLEASE ALLOW TWO WEEKS FOR CONFIRMATION OF YOUR CLASSES!



Michigan Department of Natural Resources and Environment

**BECOMING AN OUTDOORS-WOMAN
REGISTRATION FOR
WINTER DISCOVERY WEEKEND!**

*This information is required by authority of the Michigan Department
of Natural Resources for participation consideration.*



DESIGNED FOR BEGINNERS – NO SKILL LEVEL REQUIRED!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

**RALPH A. MACMULLAN CENTER
104 CONSERVATION DRIVE
ROSCOMMON, MI 48653**

WHEN

**JANUARY 27-29, 2012
ARRIVE FRIDAY, JAN. 27 AFTER 4:00 P.M.
DEPART SUNDAY, JAN. 29 AT NOON**

COST

**\$225.00 PER PERSON
INCLUDES (2) NIGHTS LODGING AND (4)
MEALS, INSTRUCTION AND MATERIALS**

**REGISTRATION
DEADLINE**

**BOTH PAYMENT AND FORMS MUST BE
RECEIVED NO LATER THAN
JANUARY 12, 2012**

YOU MUST PRE-REGISTER FOR THIS EVENT! WALK-UPS AND LATE REGISTRATIONS CANNOT BE ACCEPTED!

Please PRINT CLEARLY or type. Use separate registration for each person.

Name	Are you 18 years of age or older? <input type="checkbox"/> No <input type="checkbox"/> Yes
Address	Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP	Do you have special dietary needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
Telephone (daytime) ()	Is this your first BOW event? <input type="checkbox"/> No <input type="checkbox"/> Yes
E-mail (PLEASE PRINT CLEARLY!)	Emergency Contact:

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

You may use a credit/debit card to pay for this event. E-store may be found on the right hand margin at www.michigan.gov/bow

**CASHIER'S OFFICE
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
P O BOX 30451
LANSING MI 48908**

OR

Complete online registration is not available. If using e-store you must print and fill out both forms and fax or email to complete registration. Fax: (517) 373-1547 or scan and email to: Dnr-outdoors-woman@michigan.gov

For questions please contact:
Sue Tabor, BOW State Coordinator
Email: dnr-outdoors-woman@michigan.gov
Phone: (517) 241-2225
PR5000 Rev 03/31/2011

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BOW

LOWER MICHIGAN

LANSING